

Testimony from Daniel Przygocki

AUTO ACCIDENT: AUGUST ~~23~~ 2002

17 MOS. LATER

BACK SURGERY: JANUARY, 2004

SPIINAL FUSION OF L-3, L-4, L-5 & S-1 UTILIZING TITANIUM RODS & SCREWS
along w/ bone graft on each side of the spinal column immobilizing
the vertebrae & sacrum. (nearly the entire lower back)

1ST 3 mos. of recovery/healing progressed reasonably well,
after 6 mos. the rate of change slowed down to the point
where I began re-establishing physical activities outside
the healing process.

Simple things at first such as a trip to visit family members
at holidays, going out to dinner or a movie
(short duration endeavors).

It took a good 2 yrs or longer ^{after surgery} to realize the full or permanent
extent of my injury. Such as the fact that

- you awaken to extreme & restrictive stiffness
- must constantly change positions after short periods of time
 - sit in one position at a desk for no more than 10-15 mins. max
 - stand no more than 3-5 mins.
 - bending forward, kneeling, twisting always painful & very limited.
 - brushing teeth, shaving even use of toilet
 - dressing oneself - putting on socks, underwear, pants, shoes extremely difficult & painful.

- cooking, washing dishes, household chores prolonged, painful & sometimes nearly impossible going up & down stairs is extremely cumbersome
- driving - must change positions constantly
- @ work - move too slow to be equally productive
 - must constantly exercise caution such as lifting can result in serious flare-ups - even 5 #s can be dangerous
- physical strength & stamina drains down much earlier in the day than normal
 - 3-5 pm exhausted
 - 7-8 pm must lay down (for brief periods) & do physical therapy ~~15-20 min~~, 15-20 min on BALL

Your Entire life is impacted

Very little physical exercise that you can truly partake in,
 - can not ride a bicycle, use a lawn mower or vacuum
 can not lift weights, certainly not jogging
 can not swim, only dog paddle/wade in pool.
 How do you stay physically fit??

Golf is limited to a partial swing game w/ pain
 No longer able to function as do other adults
~~can not exercise for enjoyment of things~~

Factors affecting 'general ability' to lead a normal life.

- nature & extent of impairment: total loss of movement in the lower portion of the spine - it no longer works when you bend down, you naturally want to bend ^{any more} at your waist any attempt results in pain & stiffness that radiates to your entire back including neck & shoulders. - You end up tending to hunch forward & out straining the mid & upper spine
- type & length of treatment: 3 mos of physical therapy in last year.
- duration of impairment: permanent --- rest of my life
- extent of residual impairment: 6-7" of spinal column inoperative, ~24" = 25 to 30% rigid, frozen in position - if u will
- prognosis for _{eventual} improvement: Will never improve - no cure - permanent

Life altering event - a portion of your spine no longer functions it is rigid etc.

a portion of your finger - the middle knuckles no longer bend
Try writing, using a key etc.